

Holiday treat for diabetic family: Sugarless applesauce cake

When the holidays come, diabetics have a lot of temptations to keep from eating at the special treats. But we can also think of their health by providing less rich and sugarless. When I saw this recipe in the 1993 premiere edition of Taste of Home, I decided to test it for this section of Spilyay. Two fruit cake lovers in the OSU/WS Extension office liked the flavor and texture, though one preferred more nuts. But to keep the recipe to the Diabetic Exchanges listed below, you probably should

stick to the recipe.
Sugarless Applesauce Cake
"My mother-in-law is a diabetic, so I made this cake for her birthday," writes Kay Hale of Doniphan, Missouri about this moist and spicy dessert. "I also took a first place with it at our country fair!"
1 cup raisins
1 cup diced dried fruit
2 cups water
2 cups all-purpose flour
1 tsp. baking soda
1/2 tsp. salt

1/2 tsp. ground nutmeg
1-1/2 tsp. ground cinnamon
2 eggs, beaten or egg substitute equivalent
1 cup unsweetened applesauce
2 Tbs. liquid sweetener
3/4 cup vegetable oil
1 tsp. vanilla extract
1/2 cup chopped nuts
Combine raisins, fruit and water in a saucepan; cook, uncovered, until water is evaporated and fruit is soft. Set aside to cool. Meanwhile, in a large mixing bowl, combine flour, baking soda, salt, nutmeg and cinnamon. In another bowl, combine eggs, applesauce, sweetener, oil and vanilla. Add nuts and reserved fruit mixture. Stir into dry ingredients and blend thoroughly. Pour into a greased 10-inch fluted tube pan. Bake at 350° for 35-40 minutes or until the cake tests done. Yield 32 servings. Diabetic Exchanges: One serving (prepared with egg substitute) equals 1 fat, 1/2 starch, 1/2 fruit; also, 125 calories, 60 mg. sodium, 0 mg. cholesterol, 15 gm. carbohydrate, 2 gm.

protein, 7 gm. fat.
If you don't have a fluted tube pan, you can use a 4 to 6 inch high metal mixing bowl with the ends cut out of a tomato paste can or a metal juice can. Cover the can with aluminum foil so that paint of the cans do not touch the food. If the pan is too high the cake may not cook properly on top, which means you may leave it in the oven too long and burn the bottom of the cake.
The smallest bottle of liquid sweetener was Sweet and Low with 2 Tablespoons of liquid sweetener equal to 1 cup of sugar. Not too sweet and just enough diced fruit to make the best results.
I'll make another one this weekend using 1/4 cup less vegetable oil, because I use large size eggs. Instead I'll add another half cup of nuts. Staff will eat it at the Education Department Thanksgiving dinner on Tuesday evening November 16. More comments after that when diabetics are available to report their taste-testing.



Information provided by:
OSU Extension
at Warm Springs
1110 Wasco Street
553-3238.

OSU Extension Staff:

- Arlene Bolleau 4-H & Youth
- Bob Pawelek Livestock
- Norma Simpson Home Economics
- Carol Stevens 4-H
- Crystal Winishut 4-H Assistant
- Tim Wojtusik Agriculture
- Clint Jacks Staff Chair, Madras

The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.
EDUCATION THAT WORKS FOR YOU

Holiday plants may be dangerous

During the holiday season, a lot of plants are given as gifts to friends and relatives. Most of these decorative plants are harmless, but some can be dangerous to young children or pets, who might eat part of the plant, says Ross Penhallegon, horticulture agent with the Oregon State University (OSU) Extension Service.
"The important thing to do is to be aware of where the plant is placed, the name of the plant, and if it can be reached by small children or animals," advises Penhallegon.
Potentially harmful holiday plants include: amaryllis - the entire plant; bracken fern - leaves; Christmas rose - foliage, roots and sap; Christmas

pepper - the small peppers; dieffenbachia - stem and leaves; English ivy - leaves and fruit; euonymus - fruit, foliage and bark; ficus (fig) - milky sap causes skin reaction; holly - leaves and berries; horsechestnut - nuts, leaves and flowers; hyacinth - bulb; mistletoe - foliage and fruit; Narcissus-daffodil - bulbs; philodendron - leaves and stem; poinsettia - be cautious; potato - sprouts; rhododendrons - leaves; tulips - bulbs.
For holiday peace of mind, post the number of the local poison control center in a conspicuous spot near the telephone, 1-800-452-7165.

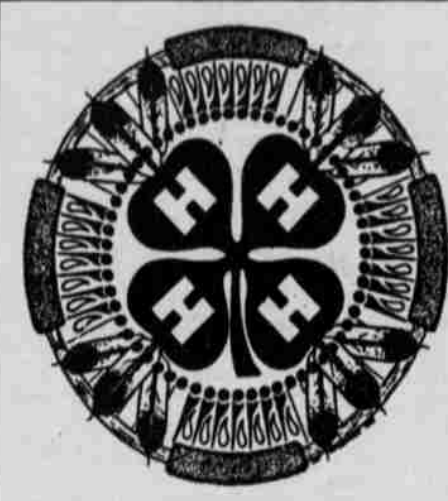
Child development specialist offers tips to manage anger

Anger is a basic emotion children begin to feel early in their infancy, according to Sue Doescher, Oregon State University Extension child development specialist.

Babies who are wet, hungry, hurt, or sometimes even bored may express their anger with contorted facial expressions as they scream, turn red, hit their head against the crib, or hold their breath. Toddlers throw temper tantrums by kicking, throwing things, hitting, biting, or attacking others. Preschoolers have enough language to express their anger by name calling, tattling, or bragging.
Angers should not be confused with assertiveness. Children establish and maintain their own rights and concerns by being assertive. But angry feelings are often destructive and not pleasant for anyone in the family.
Parents need to help children control anger. If poor habits continue, children are likely to get hurt others. Doescher suggests several steps parents can take to help children learn to manage their anger constructively.
• Accept children's feelings. Accepting and giving children words to describe their feelings is the first step. Comforting a child and saying, "I know you feel angry, but I can't let you do that" provides a measure of security as the words attach meaning to the out-of-control feelings the child is experiencing. At the same time, the child is reassured that the parent understands what she is feeling, yet her behavior must be curbed.
• Help children learn to express feelings in appropriate ways. Children can be helped to find substitutes for hitting, kicking, and biting. Explain to a child, "You can kick this ball, but it hurts the dog when you kick him." Hitting a punching bag, pounding clay, or hammering nails are also constructive ways of dealing with angry feelings. Modeling the

behavior (like biting a toddler back) to "let the child know how it hurts" is not a good idea. While the purpose is to stop behavior, modeling simply legitimizes that mode of expressing angry feelings. Suggesting that the toddler bite a non-animate object, like a doll, is a better approach.
• Avoid punishment. Punishing children can make them insecure and breed more anger. It's better to help children understand their feelings and develop constructive ways of dealing with their anger. Remove a child from the situation and wait till the tantrum abates. Then talk to the child.
• Avoid appeasing children. Giving in or holding out promises of rewards to angry children may stop the behavior in the short run but children will learn an unfortunate lesson—anger can be used to manipulate situations to their advantage.

Avoid appeasing or even reasoning with crying children. But when children have stopped crying, talk to them. Let them know that such outbursts get them nowhere.
• Encourage children to use language to replace physical actions. Gradually, children learn to use language to express their feelings. Helping children to replace angry actions with words is the key to real anger management. Children need to be reminded. For example, "Tell Mark that you want to play with him." "Talk to Chantale. Tell her what you're feeling."
• Review rules and limits. If children experience frequent anger outbursts, parents should review the family rules. Are limits too rigid, too frequent, or too numerous? Are there too many restrictions placed on children's behavior?



Have you signed up for a 4-H club yet?

Jacks receives 1993 Diversity Award

Clint Jacks, Oregon State University (OSU) Extension agent and staff chair in Jefferson County, has received the 1993 Cooperative Extension System Award for Diversity.
The award was presented at the Extension section meeting of the National Association of State Universities and Land-Grant colleges last week in Washington, D.C. It supports the system's "Emphasis on Diversity," a program to achieve and sustain diversity and pluralism as an integral part of every aspect of Extension.
The honor, presented by the Extension Committee for Organization and Policy and Extension Service, U.S. Department of Agriculture, recognizes efforts "promoting a culture and environment where diversity is valued and pluralism is achieved," said Leodrey Williams, acting USDA Extension administrator.
Jacks was cited for his 21 years of working to promote an appreciation for diversity among people of the Confederated Tribes of Warm Springs and Hispanic and Anglo residents of the Central Oregon county.
Jacks joined the OSU Extension Service staff at Warm Springs in

1971 after serving in the Peace Corps in Cameroon, Africa, for five years. He returned home to enter OSU where he earned a bachelor's degree in farm crops and a master's degree in soil science.
At Warm Springs, Jacks had responsibility for agricultural and natural resource programs as well as 4-H youth development. Some 10 years ago, he coordinated the development of the Agricultural and Range Management Plan that is still used in management of the tribal natural resources.
One outgrowth was the establishment of the agriculture-irrigation-range committee that has developed special educational programs for livestock producers, including a mentor program that links Anglo ranchers with small, less experienced reservation producers.
In addition to providing educational programs about natural resources, Jacks developed programs to develop additional leadership skills among both youth and adults of the Warm Springs Reservation.
Jacks became chair of the Jefferson County Extension office in Madras in 1982 and was asked to bring about better coordination and cooperation between the two Extension offices.
More recently, he has been active in developing programs involving the county's growing Hispanic population. He supported the establishment of a county Hispanic facility, housed in the Madras Extension office, and also encouraged the Extension staff to take Spanish classes at the Madras Center of Central Oregon Community College (COCC).
In addition to his Extension work, Jacks serves on the boards of the Central Oregon Intergovernmental Council and the COCC Education Center in Madras, chairs the vocational education advisory committee at Madras High School, and is a member of the budget committee of Mountain View Hospital.
Statements from local people supporting his nomination for the award point out that "he creates an environment in which culturally diverse people find common ground and mutual understanding that lead to harmonious communities" because "he has integrated respect for human beings and genuine recognition of their right to make decisions that affect their future" into his Extension educational programs.

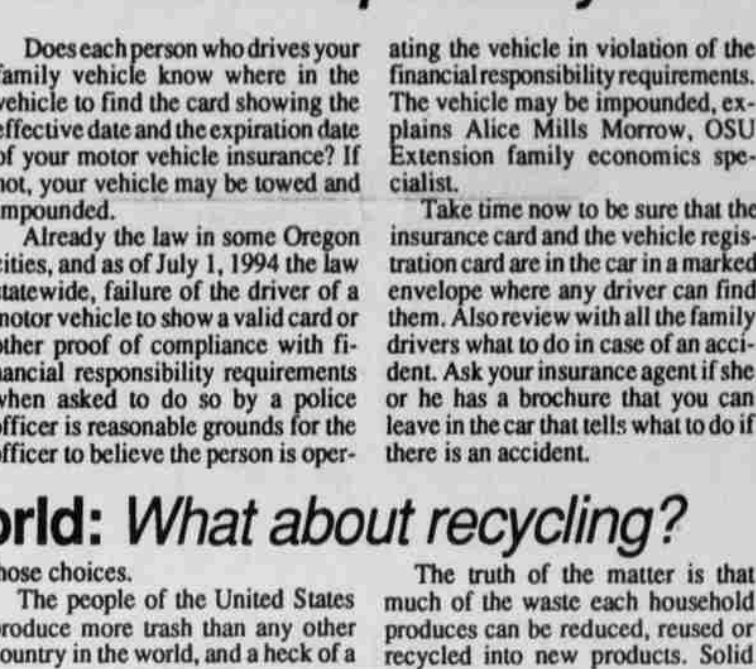
Every driver must show proof of financial responsibility

Does each person who drives your family vehicle know where in the vehicle to find the card showing the effective date and the expiration date of your motor vehicle insurance? If not, your vehicle may be towed and impounded.
Already the law in some Oregon cities, and as of July 1, 1994 the law statewide, failure of the driver of a motor vehicle to show a valid card or other proof of compliance with financial responsibility requirements when asked to do so by a police officer is reasonable grounds for the officer to believe the person is operating the vehicle in violation of the financial responsibility requirements. The vehicle may be impounded, explains Alice Mills Morrow, OSU Extension family economics specialist.
Take time now to be sure that the insurance card and the vehicle registration card are in the car in a marked envelope where any driver can find them. Also review with all the family drivers what to do in case of an accident. Ask your insurance agent if she or he has a brochure that you can leave in the car that tells what to do if there is an accident.

Piece of our world: What about recycling?

These days there is a lot of talk about recycling of various materials instead of throwing them away. All this information can be confusing and you might end up asking yourself, "Why the heck should I bother with this recycling business anyway? Does it really do any good?" These are valid questions because, lets face it, it is a lot more convenient to just throw everything "away" when you are done with it. The choices involved are personal ones and being well informed can help you make those choices.
The people of the United States produce more trash than any other country in the world, and a heck of a

Trash Per Person



lot more than most countries. Years ago the amount of trash that we produced was much less but in our modern society there is a constant stream of new products to buy, and we like our products. The question remains "What should we do with all of these products when we are done with them and what do we do with all the packaging that they came in?"
Just what are we throwing "away"? Here in the United States we throw away 2.5 million plastic bottles very hour. We throw away enough glass bottles and jars to fill the 1,350 foot twin towers of New York's World Trade Center every two weeks. Every Sunday, more than 500,000 trees are used to produce the 88% of newspapers that are never recycled and we throw away enough office and writing paper every year to build a wall twelve feet high stretching from coast to coast. That is about 3000 miles. All these big numbers are hard to get a handle on and they can be kind of scary but that is what we have to deal with. You can get some idea of how much you are contributing to the nations pile of trash by keeping an eye on the trash produced in your own home.

waste can be considered a true resource when properly managed by the household, business and our local community. Nearly one half of a household's waste is easily recyclable, and almost all waste can be converted to another use to avoid disposal. These are a lot of new ideas that most of us are not used to but are probably worth thinking about. The people of Warm Springs have a long tradition of knowledge of the natural world and respecting each of its resources as valued gifts. It's a fine tradition that can lead the way to a less wasteful future.
Proper stewardship of our world's valuable resources is complicated and there are many things to think about. There will be more articles in the future about related subjects so please contact me (Tim Wojtusik, OSU Extension 553-3238) if there is something in particular that interests you.
Newspaper recycling dumpsters
Just a reminder that the Utility Department is working hard to get newspaper dumpsters out into the community. They will be painted a blue-green color and should be in place soon. Newspapers only please.

Stockman's Roundup: The new tax laws and your money



By Bob Pawelek
OSU Extension Agent
Livestock and Range

In today's column, I will attempt to simplify President Clinton's deficit reduction plan and cut right down to how it affects you and your money. If you'd rather not read any further, consider this one point and you will be just as informed — by the time you make ends meet, they move the ends.
Back in August, the Senate approved the plan by a very narrow margin — 51 to 50 — with the tie-breaking vote being provided by VP Al Gore. Now we have a new law called the Revenue Reconciliation Act of 1993. The new law increases

income tax rates for higher income individuals and for many recipients of social security, a federal gasoline excise tax increase, and too many other increases to mention here.
From now til 1998, the Revenue Reconciliation Act is projected to produce a net increase in taxes of about \$241 billion in an attempt to reduce the budget deficit.
Social Security Taxed
Retirees whose income exceeds \$34,000 for single persons and \$44,000 for married persons will be required to include 85% of their social security benefits in their taxable income. This provision takes affect in 1994. So this will not affect your 1993 tax returns.
Medicare Taxed
High income taxpayers and their employers will pay a high Medicare tax. For example, a self-employed individual with a partner would be subject to the hospital insurance tax on all of his or her self-employment income. If that income is at \$500,000 the increase in taxes is a whopping \$10,585.
Gasoline Tax Increased
Effective October 1, 1993, the federal gasoline tax increased by 4.3 cents per gallon. Using the table below, you can determine how much

this is costing you.
Business Travel affected
Travel expenses for a spouse or other dependent currently may be deductible if an adequate business purpose can be shown. Effective December 31, 1993, the new law will not allow a deduction unless the spouse or dependent is a bonafide employee of the business regardless of his/her business activities during the trip.
Charitable Contributions
Under the new law, it will be necessary to obtain written substantiation for all charitable contributions of \$250 or more beginning in 1994. No deduction will be allowed for any contribution - cash, check or noncash - of \$250 or more unless the taxpayer has it in writing from the charity prior to filing the income tax return. Your cancelled checks may no longer be enough.
Beware
Because of the numerous tax changes made by the new law, many of which are retroactive, it is important that you be aware of these changes and of possible steps you can take both now and in the near future to improve your own tax situation. Higher tax rates make each deduction or exclusion even more valuable to you.



MILES PER GALLON	MILES				
	15,000	20,000	30,000	40,000	50,000
10	\$95	\$86	\$128	\$172	\$215
12	54	72	108	143	179
14	40	54	81	108	134
16	36	48	72	96	119
20	32	43	65	86	108
25	26	34	52	69	86
30	22	29	43	57	72